Meet Your New Instructor

By Trasey Boyd

Tonja Thompson is new to SWOSU this semester. She is the new Allied Health instructor. Mrs. Thompson graduated from the MLT program here at Sayre and then went on to Weatherford to major in Biology while she minored in Chemistry.

For the last 19 years, she worked in the lab at Great Plains Regional Medical Center in Elk City. Thompson had no intentions of leaving the lab, but when Mrs. Brooks retired, an opportunity opened for her that she couldn't pass up.

Mrs. Thompson has been married 23 years to her husband, Jamie, and they have three children. Jamie is a district manager for Auto Zone. Their oldest daughter Micaelah is 19, and she attends college at SWOSU in Weatherford. Madison, 15, and their son Trak, 11, both attend Elk City Public Schools. They have lived in Elk City their whole lives. The family is very involved in Community Theater, and they love to be out on the lake or the ocean doing any kind of water sports. The Thompsons love animals; they have four dogs and seven cats. “I have a big yard and that’s where they stay!” says Thompson.

Thompson is looking forward to bringing the skills she has learned from the lab back to her students. She is excited to become a vital part of the university and is planning on staying here until she retires.

If you see a new face around campus be sure to give her a friendly smile and “hello”. We’re all glad to have her here!

Mrs. Tonja Thompson surrounded by family

Things To Remember

FREE FOOD Every Monday in the Lit Pit located in Mackey Hall between classroom 135 and 139 starting at 11:30

FREE FOOD every Wednesday at the BCM building north of Mackey Hall

HELP WANTED part time maintenance and part time house keeper for apartment community in Sayre. Call 580-928-3252 for more information

Feb 24 Timed W.A.R.P. will be held all day. Volunteers are needed. See April Miller, librarian.

Feb 26 The Breast Care Mobile Unit will be on campus for mammograms.
Allied Health instructor Kathy Brooks Retires after 35 Years

By Terry Ford

Kathy Brooks, Allied Health instructor at Sayre, retired in December, after 35 years at SWOSU. She was given a reception at the end of the semester last month during the annual faculty and staff holiday luncheon.

What is now SWOSU at Sayre was Sayre Jr. College at the time Brooks first took a part-time teaching job in 1977. When asked about the differences, Brooks recalled that teacher salary was a lot less then, as was the supply budget. Back then, they would “make do” with what they had.

In addition to teaching, Brooks has worked as a Laboratory Supervisor for the hospital and for Dr. C.C. Peng, M.D.

Brooks was one of the instructors for Medical Laboratory Technology, Pre-Nursing, Health, OTA, and PTA. As a Clinical Coordinator, she was in charge of student placement in training facilities. In addition to teaching anatomy, physiology, blood banking and immunology, she had taught volleyball, softball, miler, fitness training, and oversaw the fitness center.

Brooks sponsored scores of Red Cross Blood Drives here on campus, served on dozens of committees, was the chair for several foundations, and was a member of numerous medical societies and associations over her prestigious career.

Brooks loves to play volleyball; she modestly says, “It is a way to socialize.”

“Kathy Brooks will be missed tremendously,” stated Dean Sherron Manning. “She was a staple not only in the Medical Laboratory Technician program but also at the Sayre campus. She takes with her thirty-plus years of program specific and institutional knowledge. She demanded excellence of her students and expected the same from herself. Kathy leaves a legacy of having trained hundreds of healthcare workers not only Med. Tech’s but also preparing nursing, OTA and PTA students for their rigorous coursework. She was known as tough, but students learned so much in her classes. I hope she enjoys her well-deserved retirement!”

Calling All Book Lovers! Club Offers Bonus

By DeShawna Smyth

Looking for a good book to read? How about some bonus points in Terry Ford and Judy Haught’s classes? Look no further! Lit Club will be meeting in the Lit Pit to discuss The Storyteller, by Jodi Picoult. Jodi writes about a situation that Sage Singer has found herself in, and “the lengths to which we will go in order to keep the past from dictating the future.”

If you cannot meet in person, you can print the discussion questions by simply searching the swosu.edu site for “literary club,” then open the weekly questions, respond and send to either Terry Ford at terry.ford@swosu.edu or Judy Haught at judy.haught@swosu.edu, or give to them in person! The meeting schedule will be announced shortly!
By April Miller

Located in Mackey Hall in Room 118 on SWOSU’s Sayre campus, the McMahan Library at [http://www.swosu.edu/library](http://www.swosu.edu/library) maintains a book collection of numerous volumes, and digital periodical subscriptions. E-books and several full-text journal articles are also available.

The library’s collections are supplemented by access to the holdings of other libraries through interlibrary loan, a statewide library card, and by electronic access to hundreds of specialized databases.

Off-campus access to the library’s electronic collections is available via student email address. The librarian also teaches instructional sessions on the use of web-based resources throughout the school year. Additional research assistance for students is available at the library’s reference desk, by phone (580) 928-5533 ext. 104 or by any of the “Ask a Librarian” options found on the library’s homepage.

Mackey Hall and the library are wheelchair accessible and the library is fully equipped to accommodate the student assignment needs. A photocopier is available for students for a minimal fee. For holiday closings, check the SWOSU homepage at [http://www.swosu.edu](http://www.swosu.edu).

The library contains a variety of books including fiction and children’s literature. Come and check out some of our new titles.

"[A] mysterious survival saga that passionate fans describe as a fusion of Lord of the Flies, The Hunger Games, and Lost."—EW.com

“Wonderful action—writing—fast-paced…but smart and well observed.”—Newsday

“[A] nail-biting must-read.”—Seventeen.com

“Breathless, cinematic action.”—Publishers Weekly

“Heart pounding to the very last moment.”—Kirkus Reviews
It’s All About that Chase . . .

By Cheyenne Galloway

Valentine’s Day is all about chasing love, but its history and legends have had quite an evolution. Originally it was a pagan festival of ancient Roman origin, but February 14th has long been celebrated as a month of romance by Christians and Pagans alike.

**Chasing a Girl**

Of the several stories about the man we call Saint Valentine, one legend is an imprisoned Valentine actually sent the First “valentine” greeting himself after he fell in love with his jailor’s daughter, who visited him. Before he was killed, it’s alleged he wrote her a last letter signed “from your Valentine.” We still use this expression today. Valentine became the most popular saint in England and France. Valentine’s death occurred around A.D. 270. Some believe this day is celebrated on its anniversary, but there’s more to the story.

**Chasing through the Streets Half Naked**

Before Valentine, Lupercalia was the fertility festival dedicated to Taunus, the Roman God of agriculture, as well as the Roman founders Romulus and Remus. The historian Plutarch described Lupercalia as “celebrated by shepherds, and has also some connection with the Arcadian Lycae [or the god Pan.] At this time, many of the noble youths and of the magistrates run up and down through the city naked, for sport and laughter striking those they meet with shaggy thongs” (whips made of leather.) Girls and young women would line up on their route to receive lashes from these whips. This was supposed to ensure fertility, prevent sterility in women and ease the pains of childbirth. Lupercalia was outlawed and deemed “un-Christian” at the end of the 5th century. On February the fourteenth, Pope Gelasius declared it Valentine’s Day, but it was not until much later it was associated with love instead of just fertility.

**Chasing the Dream**

Authors, poets and playwrights have been trying to capture love in words for thousands of years. Here are a few of them:

“My bounty is as boundless as the sea, My love as deep; the more I give to thee, The more I have for both are infinite.” –William Shakespeare

“How do I love thee? Let me count the ways.” –Elizabeth Barrett Browning

“Young love is a flame; very pretty, often very hot and fierce, but still only light and flickering.” –Henry Ward Beecher

“The best and most beautiful things in the world cannot be seen or touched. They must be felt with the heart.” –Helen Keller

Americans began exchanging hand-made valentines in the early 1700’s. Esther A Howland began selling the first mass produced valentines in America in the 1840’s. She was known as the “Mother of the Valentine.” She made creations with real lace, ribbons, and pictures.

**Chasing the Buck**

Today, it’s estimated over 1 billion Valentine’s Day cards are sent or given each year. Women purchase approximately 85% of all valentines. There were 904 dating services nationwide as of 2002. They employ 4,300 people and pull in $489 million in revenues.

Remember, ladies and gentlemen, “Age does not protect you from love. But love, to some extent, protects you from age.” -Anais Nin.
Inexpensive and Creative Ways to Spend Valentine’s Day!

By Amie Glendenning

Most college students are on a budget, but they still want to do something special for their significant other on Valentine’s Day. Here are a couple of creative fun ideas that won’t break the bank.

Helping Hands – What better way to spend the day than to help others who are less fortunate. Find a local food kitchen, homeless shelter, or animal shelter and volunteer for the day. This way you spend the day spreading love, while with your love.

Love Hunt – Get some index cards and make cute clues to the next card spot. Leave the first card where you know he/she will find it in the morning or after class when he or she has time. Have the last clue lead to a picnic, your gift, or the clue for your date.

Hot Dish – Look around and see if there is a cooking class in your area. You can pay for just one class which usually is not expensive. A lot of classes also have Valentine’s specials. Can’t find a class? that’s ok. Go online and look for an online class or even a show and follow the recipe—together.

Sunset Feast – Prepare a picnic, get a blanket and ask around for the prettiest spot to watch the sunset in your area. Simple, quick and sweet.

Fit Fun – Find a local fitness class and go to a class together. Can’t find a class? Break out the Just Dance and break a sweat.

Sweet Harmony – Spend the night singing cheesy love songs to each other—either at a karaoke bar or just in your living room.

Valentine In A Box – Grab our favorite romantic comedy, some snacks, a stuffed animal, and top it off with a hand written note for that special touch. Cuddle up on the couch for a stay-at-home date night.

Memory Board – Grab a piece of poster board and find any concert tickets, movie stubs, receipts, or favorite pictures and make them into the shape of a heart.

Mood Music – Burn a CD with all your favorite love songs and songs that remind you of your significant other. Fill up the tank, gas is as cheap as it’s been in how long, grab our guy/girl and just ride around.

Pickle Jar – Get an old pickle jar, clean it out and decorate it. Write love notes, quotes, words of encouragement, etc… stuff as many as you can in the jar. Then your significant other can pick one out every morning and read it before starting the day.

I Love You Because Board – Get a poster board and make an “I love you because” boutique. Use different shades of sticky notes to give it some color.

There you have it! A few different ideas to spend your day. Is not about how much you spend, but the time and thought. Everyone have a safe and fun Valentine’s Day!

Crazy Facts on Valentine's Day

By Morgan Hagerman

More than half of the U.S. population celebrates Valentine's Day, so it's a real money maker for all of the businesses involved.

"Valentine's Day is definitely one of the holidays we sell the most merchandise," said Lorie down at Blossom Crossing in Sayre. She said a third of her profits from the entire year come from Valentine's Day.

How are consumers around the country spending next month? Here are some interesting facts from BusinessInsider.com.

- 32% of consumers plan to do their Valentine’s Day shopping online.
- 53% of women in America would dump their boyfriends if they did not get them anything for Valentine's Day.
- The average U.S. consumer is expected to spend $116.21 on Valentine’s Day gifts, meals, and entertainment.
- About 8 billion candy hearts will be produced this year; that's enough candy to stretch from Rome, Italy to Valentine, Arizona 20 times and back again!
- Men spend double what women spend on Valentine's day: $158.71 compared to $75.79
- Chocolate and candy sales reach profits of $1,011 billion during Valentine’s season.
- 36 million heart-shaped boxes of chocolate will be sold for Valentine’s Day this year

(Continued on page 8)
Sayre Family Medical Clinic to Provide Student Health Services

The Sayre Family Medical Clinic has announced SWOSU students can been seen for $25.00 per visit with valid student ID!

SFMC is staffed by professionals who are dedicated to serving the health needs of the SWOSU community.

The providers are Katie Robinson, APRN-CNP & Ashlee Skinner, PA-C

To make appointments, call 580-928-9914, or students can be seen on a walk-in basis.

College After 40

By Kimberly Archie

Editor’s Note: Archie is an Altus student who is also taking SWOSU classes online.

At age 40, most adults are happily married, settled down with their career and family. But more and more, you are finding adults in their 30’s and 40’s returning to college.

I decided at 40 to return to college and fulfill my lifelong dream of gaining a college education. For many, life gets in the way when we are younger or some just may decide they want to do something different. I talked to several different people, in my generation, that I have encountered in my four years and asked them about their experiences and reasons for going to college.

My brother, who is now 40, started taking online classes and then began attending school full-time about six years ago. He started in the nursing program and then changed his major into the aviation program in Altus and is currently pursu-

(Continued on page 7)
(Continued from page 6)

...Being older made her priorities higher, and pushing herself to do so well helped with self-esteem.

Sayre student Andrea Nichols said, “We have a few older people in class. I have two ladies in history class, and in math we have two older men and two ladies. One of the men has no computer skills at all, so he has a really hard time. For the most part, they are all fun to be around and helpful. I myself am a thirty-eight-year-old student, and I’m having the time of my life!

Finally, I talked to Sherry, a 42-year-old friend of mine. She first started going to college in 1990, but she changed her major a few times before deciding she enjoyed psychology. She started going to school full time when she was 32 and graduated when she was 38 with her masters in behavioral sciences. She graduated in the top 10% of her class and with honors. She said that being older made her priorities higher and that pushing herself to do so well helped with self-esteem. After she first started college in the 90’s, her GPA was only 1.39, so it was important to her to graduate with honors. The downfall being time management, because she also had two children and a husband at home.

Being an older student myself, I can relate to everything that everyone told me. It is hard being a full time student, parent, spouse, and employee (if you have to work). We have all spent many sleepless nights in the front of our textbooks and laptops, and will spend many more before this semester is over. It doesn’t matter if this is your first semester or your last, or if you are 18 or 45, we all have the same goals. The important thing is to stay...
Crazy Facts, continued

(Continued from page 5)

- 141 million Valentine’s Day cards are exchanged worldwide
- 15% of U.S. women send themselves flowers on Valentine’s Day
- People will spend $1.7 billion on flowers this Valentine’s Day - 73% are bought by men, 27% by women.
- An estimated 198 million roses are produced for Valentine’s Day.
- About 110 million roses, mostly red, will be sold and delivered within a three-day time period this year.
- Spending on jewelry is expected to reach $3.5 billion this holiday; 17.3% of people are likely to buy it.
- 11% of Americans will be engaged on Valentine’s Day.
- More at-home pregnancy tests are sold in March than in any other month

With these facts in mind, enjoy your day, however you decide to pay!

Need Help?
Writing Center Now Open

The Writing Center opened for the spring semester on Monday, January 26.

While the center is located in the Al Harris Library (B3), students at Sayre can submit papers through email. English majors and grad students at the center will look over papers, offering corrections and suggestions to aid fellow students. This service is free of charge.

Spring 2015 hours are as follows:
Monday: 9-11am & 2-6pm
Tuesday: 9-11am & 2-4:30pm
Wednesday: 9-11am & 2-8pm
Thursday: 9am-1pm & 2-4pm
Friday: 9-11am & 1-5pm

To send a paper or schedule an appointment, please email writingcenter@swosu.edu.

Dr. Denise Landrum-Geyer, the Writing Center Coordinator, will hold office hours in the center on Tuesdays and Thursdays from 10 a.m. until noon. These hours are subject to change depending on consultants’ schedules as the semester progresses.

“Be sure to like us on Facebook (S.W.O.S.U. Writing Center), or you can follow us on Twitter (@swosuwrites),” says Landrum-Geyer.

They will close on Friday, May 1st, and will also be closed during Spring Break.

Volunteers Needed for Timed WARP’s “Brave New World”

Yes, it is time again for the annual writing and research day known as “Timed WARP.”

It will be Tuesday, February 24. Sixty-nine area high school teachers have been invited to bring their best and brightest students to campus to compete for scholarships and prizes.

Some of the SWOSU students and instructors are planning to dress as characters from futuristic films.

If any SWOSU students would like to assist with entertainment, tours, and other small duties during the day, please see Judy Haught or April Miller. SWOSU students can add such campus involvement to their resumes!

“Our theme this year is ‘Brave New World,’” stated Language Arts instructor Judy Haught, who heads up the program with the help of librarians April Miller and Dianan Mosburg. “We will concentrate on futuristic literature and technological advances, showing students clips from Back to the Future, Hunger Games, and even The Jetsons.”

For teachers, a webinar will be presented called “Using Popular Culture & the Media to Teach 21st Century Media Literacy” with lesson plans from NCTE on Developing Digital Literacies.
In each volume of the newsletter, I will bring you information on the community of Sayre! Things to do, places to go, and sights to see! I hope you enjoy it!

Belinda

Hungry??

The Sweet Shop opened up just 1-1/2 blocks south of the light at 205 S. 4th Street. This is a full scale bakery where you can enjoy fresh baked donuts,

Sweet Shop
580.928.0153

Appreciate Law Enforcement

The Mayor of Sayre, Eddie Tom Lakey, proclaimed January 20th as Law Enforcement Appreciation Day in Sayre. In light of the recent bad press and riots, it is fitting that we all support our local police, sheriff, and highway patrol as well as guards and other law enforcement who risk their lives daily to serve and protect.

Civically Speaking

Did you know that Sayre is home to numerous Civic Clubs that create an improved quality of life in Sayre? As a college student, developing a heart for civic duty prepares you to be a business leader in whatever career you chose. By joining a club, you can impact the community in a dynamic and positive way as a group versus individual efforts.

One such club is the Kiwanis Club. Kiwanis, located in 80 nations, help their communities in countless ways. Each community’s needs are different—so each Kiwanis club is different. By working together, members achieve what one person cannot accomplish alone.

The Sayre Chapter meets at noon each Wednesdays at the Sayre Public Library located at 113 E. Poplar. Join them if you can!

What’s Happening Around Town?

Renovations are now under way on the Shortgrass Country Museum. The museum, which is housed in an amazing train depot, has been closed for about a year due to a faulty roof. The roof has been replaced and soon the interior will be completed. The goal is to have the museum up and running by the Alumni Celebration in Sayre, which is Easter Weekend on April 4th. The museum is located across from the library at 114 E. Poplar in downtown Sayre. The exterior is nearly complete, so swing by today and check out this historic train depot.
Did You Sleep In On Snow Day?

Southwestern Oklahoma State University has partnered with e2Campus to enhance its emergency notification system by offering an easy way to receive urgent text messages from SWOSU to all students, faculty, and staff. The service is free and voluntary, but you are strongly urged to register. Once registered, you may add an email address or an additional phone number so that a friend or family member also receives the notification. Only emergency or other urgent messages, including weather-related closures, will be sent via SWOSU Alert. The system will not be used to distribute advertising or other unsolicited content. You must be registered to receive SWOSU Alert. Though the system is free, subscribers may have to pay fees associated with their text messaging service. See more at: http://www.swosu.edu/resources/

By Trasey Boyd

The Al Harris Library is showcasing a guest speaker, his name is Robert Lange. He will speak and demonstrate his techniques in creating caricatures. He will sell his book JOHN Q: THE LIFE AND TIMES OF JIM LANGE at the event

It will be held on February 12th at 7:00p.m. It will be held at the SWOSU Conference Center 1121 N. 7th St., in Weatherford.

It is sponsored by Southwestern Oklahoma State University Libraries

For more information or questions, contact Linda Pye at (580)774-7021 or linda.pye@swosu.edu.